

## [THINGS TO EAT FOR A HEALTHY DIET](#)



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Supplements cannot substitute for a healthy diet, which supplies countless other potentially beneficial compounds besides vitamins and minerals. Foods also provide the synergy that many nutrients require to be efficiently used in the body. Still, for many people a basic multivitamin/mineral pill can provide some of the nutrients they may fall short on. In addition, many people need calcium as well as vitamin D supplements to meet recommended intakes.

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Besides, being healthy doesn't mean you have to be a size 2 or a size 0. It means feeling good physically and emotionally. It means having energy and enjoying every day. It isn't difficult to lead a healthy lifestyle, feel great, and still have room for the occasional treat. Let me show you how.

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